

July Trips 2008
On Sale: Members 6/6, Non-Members 6/13

Seminole Casino Coconut Creek
Date: Tuesday, 7/8
Time: 10:00 am - 4:00 pm
Fee: Members \$5 / Guests \$7
Program # 180826A

Calder Race Track
Date: Monday, 7/21
Time: 10:45am - 5:00pm
Fees: Members \$5 / Guests \$7
Program # 180810A

Marlins vs. Mets
Date: Monday, 7/28
Time: 5:30 pm - 10:00 pm
Fee: Members \$23 / Guests \$25
Program # 180837A

August Trips 2008
On Sale: Members 7/11, Non-Members 7/18

Dania Jai Alai
Date: Tuesday, 8/5
Time: 11:00 am - 4:00 pm
Fee: Members \$5 / Guests \$7
Program # 180814A

Marlins vs. Cardinal
Date: Monday, 8/11
Time: 5:30 pm - 11:00 pm
Fee: Members \$23 / Guests \$25
Program # 180837A

Festival Flea Market
Date: Thursday, 8/21
Time: 10:30 am - 4:00 pm
Fees: Members \$5 / Guests \$7
Program # 180846A

Calder Race Track
Date: Thursday, 8/28
Time: 10:45 am - 5:00 pm
Fees: Members \$5 / Guests \$7
Program # 180810A

September Trips 2008
On Sale - Members 8/1, Non-Members 8/8

Mai Kai
Date: Thursday, 9/4
Time: 4:15 pm - 9:00 pm
Fees: Members \$40 / Guests \$42
Program # 180838A

Seminole Casino Coconut Creek
Date: Tuesday, 9/9
Time: 10:30 am - 3:30 pm
Fees: Members \$5 / Guests \$7
Program # 180826A

Fort Lauderdale Water Taxi
Date: Wednesday, 9/17
Time: 9:15 am - 4:00 pm
Fees: Members \$5 / Guests \$7
Program # 180844A
(Individuals will be responsible to pay for their pass upon boarding the boat. Boat fee: 65+ \$10, Under 65 \$13. Please note, this boat is not accessible for individuals with mobility issues, for clarification please call the Senior Center.)

Calder Race Track
Date: Monday, 9/22
Time: 10:45am - 5:00pm
Fees: Members \$5 / Guests \$7
Program # 180810B


Sunrise Senior Center
10650 W. Oakland Park Blvd.
Sunrise, FL 33351
www.sunrisefl.gov

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July / August 2008

10650 West Oakland Park Boulevard | 954-746-3670 | www.sunrisefl.gov

SUNRISE SENIOR CENTER

The Senior Center is closed on Saturday and Sunday.

ACTIVITIES

Special Events, Seminars & Classes

AARP SAFETY DRIVER COURSE
Time: 9:00 am - 1:00 pm
Fee: Bring \$10 check to class (made payable to AARP)
Dates: Wednesday, 9/24 & 9/25
Program #180853A
Registration Begins: Members 8/1, Non-Members 8/8

BEADING
This class is available to Senior Center members only. Participants must bring their own materials & tools. Materials list will be available at the front desk.
Day/Times: Mondays, 12:30 pm - 2:30 pm
Fee: No Charge

Shell Bracelet (July)
Dates: 7/7 - 7/28
Program: #180805A
Registration Begins: 6/2

Ladder Bracelet (August)
Dates: 8/4-8/25
Program: # 180805B
Registration Begins: 7/1

Beaded Cabochons (September)
Dates: 9/8-9/29
Program # 180805C
Registration Begins: 8/1

BLOOD PRESSURE CHECKS
Have your blood pressure checked regularly by Sunrise Fire/Rescue.
Dates: Fridays, 7/11, 8/8
Time: 10:30 am - 11:30 am
Fee: No Charge
Registration: Walk-ins Welcome

CULINARY CORNER
Make recipes that are simple, healthy & low fat.
Time: 1:30 pm - 3:30 pm
Fee: Members \$5 / Guests \$7

Salmon with Ginger & Onions (July)
Date: Thursday, 7/24
Program #180816A
Registration Begins: 6/2

Berry Spinach Salad & Peach Delight (August)
Date: Thursday, 8/28
Program #180816B
Registration Begins: 7/1


BBQ Chicken Sandwich (Sept.)
Date: Thursday, 9/25
Program # 180816C
Registration Begins: 8/1

DUPLICATE BRIDGE GAME (NON-SANCTIONED)
Date: Every Thursday
Time: 12:30 pm - 4:00 pm
Fee: No Charge
Registration: Walk-ins Welcome

MONDAY MIXER
Join us for the "Monday Dance Mixer" with refreshments & entertainment! Sign up one week in advance for our 4:30 pm shuttle home (drop-off within Sunrise only, fee: .25 cents)
Dates: *Every Monday
Time: 2:30 pm - 4:30 pm
Fee: No Charge
Registration: Walk-ins Welcome
*No Dances in August. Resume September 1.

SENIOR JAZZERCISE
A trained instructor leads "Seniors Only" class.
Date: Mondays & Wednesdays, 9/1 - 10/22
Time: 9:30 am - 10:30 am
Fee: \$44/ 8 wk class or \$12/ daily paid to instructor
Registration: Sign up now at the front desk

SEWING CREATIONS
Learn how to sew & use basic stitches to complete projects. Members must bring their own materials.
Day/Time: Thursdays, 1:00 pm - 3:00 pm
Fee: No Charge
Program #180819A (register once/year)
Registration: Sign up now at the front desk

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	TRIP & TICKET POLICIES – Note Changes
9:00 a.m. - 10:30 a.m. Sunrise Woodcarvers Arts & Crafts Room 9:30 a.m. - 10:30 a.m. Striders Club Lobby 9:30 a.m. - 12:00 p.m. Open Gametime Burgundy Room B 12:30 p.m. - 2:30 p.m. Beading Class Burgundy Room B 1:30 p.m. - 3:30 p.m. Crocheted Crafts Arts & Crafts Room 2:30 p.m. - 4:30 p.m. Monday Dance Mixer Burgundy Room A & B (No Dances in August)	9:00 a.m. - 9:30 a.m. Tai Chi Burgundy Room A Program #180858A 9:00 a.m. - 12:00 p.m. Mah Jongg Class Burgundy Room B Program #180809A 9:30 a.m. - 10:30 a.m. Senior Aerobics Burgundy Room A Program #180857A 9:30 a.m. - 11:00 a.m. Open Computer Lab Classroom Program #180806A (Last class 7/8) <hr/> Special Evening Hours 6:00 p.m. - 9:00 p.m. Open Game Room 6:00 p.m. - 9:00 p.m. Woodcarving Arts & Crafts Room 6:30 p.m. - 8:30 p.m. Beginners Computer Class Classroom 6:30 p.m. - 8:30 pm Beading Class Burgundy Room B Varied Dates - See front page <hr/> Tuesday New Release Movies 12:00 Noon & 6:00 pm 7/1 Juno Ellen Page, Jennifer Garner 1Hr, 45 Min (Rated PG-13) 7/8 The Bucket List Morgan Freeman, Jack Nicholson 1 Hr, 40 Min (Rated PG-13)	9:30 a.m. - 10:30 a.m. Striders Club Lobby 11:30 a.m. - 12:30 p.m. Laughter Club (1st & 3rd Wed.) Burgundy Room B 12:30 p.m. - 3:30 p.m. Bridge (Open Play) Burgundy Room A 3:00 p.m. - 4:30 p.m. Singles Club Burgundy Room B <hr/> Tuesday New Movies (con't.) 7/15 Fools Gold Kate Hudson, Matthew McCoughnahey 2 Hrs (Rated PG-13) 7/22 The Great Debaters Denzel Washington 2 Hrs (Rated PG-13) 7/29 PS I Love You Hilary Swank, Harry Connick Jr. 2 Hrs, 15 Min(Rated PG-13) 8/5 National Treasure Nicholas Cage 2 Hrs, 15 Min (Rated PG) 8/12 National Treasure - Book of Secrets Nicholas Cage 2 Hrs, 10 min (Rated PG) 8/19 The Other Boleyn Girl Natalie Portman, Scarlett Johanssen 2 Hrs (Rated PG-13) 8/26 Grace is Gone John Cusack 1 Hr, 25 Min (Rated PG-13)	9:30 a.m. - 11:00 a.m. Bereavement Support Group Classroom 10:00 a.m. - 11:30 a.m. Coupon Club Senior Center Library 10:00 a.m. - 12:00 p.m. Line Dancing Burgundy Room A 12:30 p.m. -3:30 p.m. Open Gametime Burgundy Room B 12:30 p.m. - 4:00 p.m. Non-Sanctioned Dup. Bridge Burgundy Room A 1:00 p.m. - 3:00 p.m. Sewing Creations Arts & Crafts Room Program #180858B	9:00 a.m. - 9:30 a.m. Tai Chi Burgundy Room A Program #180858A 9:30 a.m. - 10:30 a.m. Stretchersize & Hand Weight Training Burgundy Room A Program #180856A 1:00 p.m. - 2:30 p.m. Bingo Burgundy Room B	<ul style="list-style-type: none"> When purchasing tickets, please indicate the full name, <u>and birth date and phone number</u> of your guest. If you require <u>wheelchair accommodations</u> for a trip, you must inform us at sign up time. <u>(Be sure this is noted on your registration form)</u> When you are called about a food choice for a trip, you must return the call within 2-3 days; otherwise a choice will be made for you. No changes can be made 7 days prior to the trip or at the restaurants. No changes can be made 7 days prior to the trip or at the restaurants. Trips departing before 3:30 p.m. leave from the Civic Center east parking lot If you purchase a ticket and later sell or give it to someone, you must contact a Senior Center staff member to make a name change on our master roster. A Group Leader is available on most trips. In their absence, the Bus Driver will act as Group Leader. The Group Leader checks all participants in and assists in providing you with the best possible experience. Please occupy the same bus seat on the way to and from an event. Members MUST be present to purchase tickets. You may, however, buy a ticket for a member who resides in the same household as you, provided you present their I.D. card. You may purchase one additional ticket (at the higher guest price) for each member ticket purchased. Two tickets maximum per person. No tickets will be sold before the published sale date. Sales commence at 9:00 a.m. Current I.D. cards must be presented for any transaction. Non-members may purchase tickets, based on availability, at a later date. Check with the front desk for open sale dates. No membership renewals or new members will be accepted on the morning of ticket sales. Refund Policy: The City reserves the right to retain fees to cover expenses non-refundable to the City. Program may be cancelled if a minimum number of people is not reached.
<div>  <p>THE SENIOR CENTER WILL BE CLOSED FRIDAY, JULY 4, FOR INDEPENDENCE DAY AND MONDAY, SEPTEMBER 1, FOR LABOR DAY.</p> </div>					

SUNRISE SENIOR CENTER

The Senior Center is closed on Saturday and Sunday.

ACTIVITIES

Classes & Community Support Services

GREEN THUMBS

Classes taught by Horticulture Therapist Robert Bornstein.

Time: 10:30 am - 11:30 am

Fee: Members \$1 / Guests \$3

Decorative Wicker Baskets (July)

(Using silk flowers and more...)

Date: Wednesday, 7/23

Program #180815A

Registration Begins: 6/2

Florida Peppers Class (August)

(Learn about their benefits and use.)

Date: Wednesday, 8/27

Program #180815B

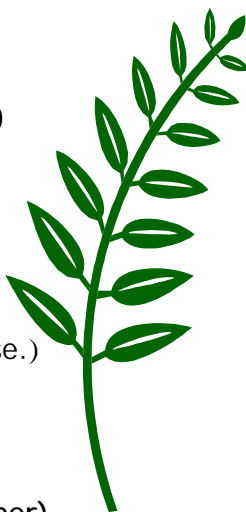
Registration Begins: 7/1

Floral Decoupage Plate (September)

Date: Wednesday, 9/24

Program #180815C

Registration Begins: 8/1



WOODCARVING

Let us introduce you to carving and help develop your talent. Members pay for their own tools and materials. Volunteer instructors are available.

Day/Time: Mondays, 9:00 am - 10:30 am or
Tuesdays, 6:00 pm - 9:00 pm

Fee: No Charge

Registration: Walk-ins Welcome

MAMMOVAN

Baseline mammography is recommended for women between the ages of 35-40 & then a routine annual mammography every year after the age of 40. A mobile mammography unit from Broward Health will be here to provide routine mammography screening for people ages 35 and up. The exam fee is \$58.00 and they will accept insurance coverage for payment (no HMO's please). Please call (954) 746-3670 for an appointment or for further information.

Dates: Tuesdays, 7/8, 8/5, 9/9

Time: Morning Hours

PROPERTY TAX EXEMPTION ASSISTANCE

The Broward County Property Appraiser's office will offer taxpayers help applying for homestead and other property tax exemptions. Bring a FL driver's license or ID card; a Broward voter registration or a declaration of domicile; Soc. Security #'s of all owners; & a copy of recorded deed or copy of a tax bill. Resident aliens must bring a permanent resident green card or proof of asylum. Residents also can apply for the widow/widower, disability/veteran's disability, and senior's additional exemptions.

Dates: Fridays, 7/11, 8/8, 9/12

Time: 10:00 am - 11:30 am

Registration: Walk-ins Welcome

MINIBUS TRANSPORTATION

Buses operate daily picking up from residential areas and transporting them to major shopping centers within Sunrise, to the Sr. Center & the Sunrise Civic Center. The cost is 25¢ per ride! Buses run Mon.- Fri. 8:00 am - 2:45 pm please call the Sr. Center at 954-746-3677 for schedules or more details.

NON-EMERGENCY MEDICAL TRANSPORTATION

Are you a Sunrise resident? Are you 62 years of age or older or physically handicapped? Do you no longer drive or maintain a vehicle in your immediate household? Do you have a problem finding reliable, inexpensive transportation to doctors, dentists and other medical appointments? Call for further information or to request an application form.

Mini-FLOW (Florida Licensing On Wheels)

Department of Highway Safety and Motor Vehicles will be in Sunrise to offer drivers license renewals, replacement of lost licenses, address changes, Florida ID Cards, and handicapped placards at the Sunrise Senior Center on the following date from 10 am-3pm. Some renewals will require an original identification such as a passport, birth certificate or social security card. Payments must be by check, cash or money order only.

Dates: Thursday, August 21

Time: 10:00 am - 3:00 pm

Fee: No charge

Registration: Walk-in welcome

HELP WANTED - The City of Sunrise Housing Assistance Program is looking for a Spanish/English bi-lingual volunteer to translate program requirements & how to complete an application for assistance. Wed. & Fri. 9am-12 pm. Call the Senior Center for more information.